



Hillside Infant School Safeguarding Leaders

These members of staff can be approached about any concerns about child safety or child protection issues

- **Mrs Fennell** – Headteacher and Designated Safeguarding lead (DSL)
- **Miss Pugh** – Pastoral care lead and Deputy Designated Safeguarding lead (DDSL)
- **Mrs Pieniek-Jones** - Assistant Headteacher – Inclusion / SENDCO

Please click on the logos for useful information for parents and carers



Safeguarding and Child Protection parent newsletter

Safeguarding our pupils is a priority at our school

Back to School: Supporting Your Child's Wellbeing and Safety

As children return to school after the summer break, it's completely normal for them (and you!) to experience a mix of emotions; excitement, anxiety, or even worry. This safeguarding newsletter will highlight ways to support your child's mental health, help them feel safe, and where to go if you need extra support.

Many children feel nervous about...

- **New teachers** or classmates
- **Changes** in routine or environment
- **Academic** pressure
- **Social situations** and friendships
- **Separation anxiety** (especially for younger children)

Let them know it's okay to feel this way. Reassure them that you, and their teachers, are there to support them.

Tips for Easing Worries at Home

- **Talk and Listen:** Encourage open conversations. Ask open-ended questions like "What was the best part of your day?" or "Is anything worrying you?"
- **Routine Helps:** A consistent morning and evening routine can reduce anxiety and help children feel secure.
- **Stay Positive:** Focus on the fun aspects of school—friends, favourite subjects, or clubs.
- **Mindfulness & Relaxation:** Breathing exercises, quiet reading, or gentle music can help with unwinding after school.

Online Safety Reminder

Back to school often means more screen time. Be aware of what your child is doing online:

- Use parental controls where appropriate
 - Talk about safe and respectful online behaviour
 - Remind them never to share personal information with strangers
 - Encourage them to speak up if something online upsets them
- For more information visit: www.ceopeducation.co.uk/parents/

At Hillside Infant School we feel it is really important to work with parents/carers and with the agencies that support schools and families so that we can provide a safe environment that educates pupils of risks they may face and how they can respond to them in a safe manner.